



North Linn Student Health Services
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2013-2014 School Year

Dear Parents:

You've all read the headlines and seen the news stories: food allergies are a growing concern in schools across America. Millions of children - children who are perfectly healthy and normal in every other way - must watch every single bite they eat, or risk suffering a severe or even life threatening reaction. In fact, food allergies claim an estimated 150 lives and are responsible for more than 125,000 emergency room visits each year. A major health issue such as this must be taken very seriously, and it has always been the policy of this school to make the safety and well-being of our students our top priority.

We have students in our school system who have a serious peanut/nut allergy - the food allergy that claims more lives each year than any other. A child with a serious peanut/nut allergy can suffer a reaction merely by touching a peanut-containing food. Therefore, we are putting the following safety guidelines into effect:

- Please do not send any peanuts/nuts, peanut butter or foods containing peanuts/nuts or peanut butter to be eaten as snacks in the classroom. It is fine to send these products for lunch, which is eaten in the cafeteria at a table that is specifically marked and cleaned.
- We will not be doing any classroom projects that involve peanut butter (like bird feeders) or peanut shells (art projects). Please do not send any of these projects into the classroom with your child.
- Birthday parties are a special time for children, but can be a difficult time for the food-allergic child. All of these treats must come in the original store packaging. Please check food labels for a list of ingredients when sending snacks or treats to school. Please be sure there is a nutritional label (i.e., calories, carbs, fat, etc.) on the product. This means that homemade treats or bakery purchased products are not allowed.
- No food may be eaten or open on school buses. Except on athletic trips.
- If your child ate peanut butter for breakfast, we would greatly appreciate your making sure that his/her hands are washed with soap and water before leaving for school. Water alone does not do the trick! Also, it is important to note that sanitizer does not remove peanut protein.

This is a learning process for all of us, but we trust that you understand how deeply important it is to respect and adhere to these guidelines. If throughout the course of the year you have any questions or concerns about food-allergy-related issues, please do not hesitate to contact me.

Please refer to the back of this sheet for ingredients to avoid when providing snacks for your child's classroom.

Thank you for helping keep all students at North-Linn Elementary healthy and safe.

Sincerely,

Julie Supple, RN
School Nurse